

**California Courts Self-Help Center**  
**Instructions for *Schedule of Assets and Debts (Family Law)*, Form FL-142**  
<http://www.courtinfo.ca.gov/selfhelp/>

You can list this information in one of two ways. You can use the *Schedule of Assets and Debts* (form FL-142) or you can make your own form on a clean sheet of paper by putting the title "Preliminary Declaration of Disclosure" and your name and case number at the top of the page.

If you use the *Schedule of Assets and Debts* form, you can list your assets and liabilities and your percentage of ownership or responsibility for debts. If you and your spouse own property (or have a debt) with a third party, you must state your individual percentage of ownership or liability.

You can wait until you prepare the final *Declaration of Disclosure* to give the other information asked for on the *Schedule of Assets and Debts* (date you got the asset or liability, current gross fair market value, and the amount of money owed or encumbrance).

**ALERT! Most people will need a lawyer's help to fill out and file the *Schedule of Assets and Debts*. It can be very complicated to determine what is separate and what is community property.**